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Great VCU Bike Race Book

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Racing to Health, Blog 1

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Racing to Health

<https://rampages.us/racingtohealth/assignments/>

Stephanie Sempeles

Exercise #1: Relationship between Health and Fitness

The purpose of this exercise is to figure out the “so what?” Why are we talking about fitness? Is it really a problem? Whose problem is it? How does fitness relate to health?

Stephanie Sempeles

August 30, 2015 at 10:43 pm

My interpretation about health from a past nutrition course I took has two parts. To me, in order to be healthy you must have the component of physical activity and proper nutritional intake. Therefore, I believe that fitness relates and leads to healthy lifestyle. Although that it not always enough to be healthy.

Diet related disease is the biggest killer among American's today. Our biological age, the age of our internal bodily functions, no longer matches our chronological age. Meaning that the next generations of American's will have shorter life spans than our cohort. Therefore, from the tedtalk, “Teach Every Child About Food,” it seems that our public health issue lies more in the name of lack of education about proper nutrition, which leads to obesity, than the lack of fitness.

In order to answer the question, ‘can you be healthy and overweight?’ one must break down health into further categories. From NHS article, “Can you Really be both ‘Fat and Fit?’” health is broken down into metabolically healthy and metabolically abnormal. Researchers of this article have concluded that one can be metabolically healthy and still overweight; meaning that they have better fitness levels than those who are metabolically unhealthy and overweight. But it does not mean being overweight is healthy. My conclusion is that you can be fit and overweight, but I do not believe that you are healthy. I believe this because fitness must be accompanied by proper nutrition in order to live a healthy lifestyle.

Personally I agree with Jamie Oliver, that in order to beat obesity we need to start with the education about nutritional value. I credit my health to my mother who taught me at a young age about nutrition.

Sources:

https://www.ted.com/talks/jamie_oliver

<http://www.nhs.uk/news/2012/09September/Pages/Can-you-really-be-both-fat-and-fit.aspx>

Exercise #2: Training

Hopefully, Exercise #1 made you consider the significance of fitness and its relationship to health. The purpose of this exercise is to get you moving. For Exercise #2, you will commit to get fit. In the spirit of our online experience, here is some food for thought on using technology to achieve fitness goals.

Stephanie Sempeles

[September 27, 2015 at 8:56 pm](#)

1. Know your numbers:

Looking into the websites posted above about knowing your numbers, I have found I fall into the normal ranges. Although I retired from my cheerleading career, I have kept my body in shape as if I never quit. From my workouts and using the websites posted, I found that my BMI and heart rate falls in both of the normal categories.

2. Pick a training activity:

Although I still use the strength, cardio, and stretching training from my cheerleading days, I thought I should add something new to my workout. I wanted to add a new component to my workout that could help relieve my lower back pain. I have a transitional vertebra in the lumbar region of my spine. This condition can be very painful at times. So, I decided to pick for my training activity yoga. I wanted to do a yoga class at Carry Street Gym, but none of the classes fit into my busy schedule. I have passed by Fighting Gravity Fitness many times and decided to try it out. I am going to sign up for their 30 days unlimited classes to try out my inner yogi. I will post about that progress in the coming weeks, for now I am still sticking to my normal training routine!

3. I went home for a few days to see my family before coming back to volunteer for the bike race. At home I took a picture of what my old training looked like, felt good to be in the air again!

<https://twitter.com/StephSempeles/media>

Exercise #3: Conquer the Cobbles

The purpose of Exercise #3 is to show your accomplishments. It's your brag book, go for it! You will share the recap of either your volunteerism or participation in the Race on Twitter. We will use VCU's Great Bike Race hashtag. Brevity is key but video, photos are all acceptable.

Stephanie Sempeles

[September 27, 2015 at 8:59 pm](#)

Saturday September 26, Kaysha and I volunteered at the Beer Garden on 23rd street. My job was to collect the tickets, which were traded for a cup of beer. Although I had difficulty getting to check in and our volunteering location, I gained an excellent experience. 23rd street was an amazing location to watch the race. I have never seen a bike race before and I must say it was exciting to watch the women riders race. I also learned a lot about the bike race from the other volunteers who participate in bike

races often. Sadly, I did not get to meet any of the professional athletes. Yet, I did get to talk to many people from all over the world.

Exercise #4: Reflection

Thank you for starting your Race to Health. I hope you enjoyed the class and learned something in the process. For your final exercise, you will reflect on the experience. Remember, your post is “out there” for the world to read, what do you have to tell them?

Stephanie Sempeles

[September 28, 2015 at 12:26 am](#)

From this experience I learned that I am my own personal trainer. I am very happy that I have carried on my old workouts and I am excited to try out new ones (yoga). This course was a refresher to what I've learned already from Nutrition. It reminded me that I should set health goals for myself and meet them. Also from this course, I enjoyed my opportunity to volunteer. I am glad I could be apart of such an amazing race! My favorite part was meeting so many new people and learning more about bike racing. This race really brought the community together and introduced me to a new and amazing atmosphere. Being apart of this race made me want to push myself to try new experiences.

My next step in my personal health journey is to change my eating habits and push myself to start new exercise challenges. I believe that my life style is very healthy, but I want to start cooking more meals. It is hard to find the time to cook a proper meal as a college student, but its possible! For my new exercise challenge, I want to start of with doing antigravity yoga. It looks like the perfect challenge to test my body's limits. I hope that my journey to health inspires others to test their limits and try new challenges.